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HOUSE RESOLUTION

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WHEREAS, Heart disease is the leading cause of death of American women; it kills 367,000 women every year, and 8,000,000 women are currently living with the deadly disease; and

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WHEREAS, Most women are unaware that heart disease is their leading health concern; they do not know that more women than men die of heart disease each year, and that a first heart attack will more likely kill a woman than a man; women are more likely than men to suffer a second heart attack; women are almost twice as likely as men to die after bypass surgery; and women represent only 25% of participants in heart-related research studies; and

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WHEREAS, Although the statistics are grim, there are measures that women can take to protect themselves from heart disease, including getting cholesterol and blood pressure levels under control; becoming more physically fit through brisk daily walks or other moderate physical activity; eating plenty of fresh fruits and vegetables; setting aside quiet time for themselves each day; and quitting smoking; and

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WHEREAS, Women are encouraged to be aware of heart attack symptoms, including discomfort, fullness, tightness, squeezing, or pressure in the center of the chest that stays for more than a few minutes or comes and goes; pressure or pain that spreads to the upper back, shoulders, neck, jaw, or arms; dizziness or nausea; clammy sweats, heart flutters, or paleness; unexplained feelings of anxiety, fatigue, or weakness, especially with exertion; stomach or abdominal pain; and shortness of breath; and

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WHEREAS, WomenHeart, the National Coalition for Women with Heart Disease, seeks to educate women everywhere about the

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1 dangers of heart disease and the ways to prevent it; therefore,  
2 be it

3       RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE  
4 NINETY-FOURTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
5 to increase awareness and encourage women to work to prevent  
6 heart disease, we declare February of 2006 to be Womens' Heart  
7 Smart Month in the State of Illinois; and be it further

8       RESOLVED, That a suitable copy of this resolution be  
9 presented to WomenHeart.